



SEYCOVE SECONDARY at séyámətən

SCHOOL NEWSLETTER



May 15, 2026

Principal's Message

As we move further into May, there is a noticeable shift in our school. The days are longer, the sun is starting to show up more consistently, and there is a renewed energy throughout the building. Classrooms are busy with final projects, performances, and assessments, and there is a growing sense of excitement as we approach the many events that mark the end of the school year.

With that increased energy, we are also continuing to support students in staying connected to their learning, demonstrating respect for one another and our shared spaces, and maintaining strong attendance and positive conduct. These final weeks are important, and we want to ensure that this momentum remains grounded in our Seycove values of Community, Inclusivity, Respect, and Creativity.

At the same time, we recognize that this time of year can bring a mix of emotions. For many students, there is pride and anticipation, along with some uncertainty as transitions and next steps begin to take shape. It is a season of both celebration and reflection, and we continue to support students through both.

One of the highlights around our school right now is the continued work on our Turtle Island space, which is truly coming into full bloom. This space reflects our commitment to stewardship and connection to place, and it has been wonderful to see students and staff engaging with and caring for this area as the plants from last year – and new ones this year – continue to grow.

We are also looking ahead to Capstone Day next Friday, which is always an exciting culmination of learning and celebration for our grade 12s, but also a wonderful opportunity for our younger students to see the learning, growth, and reflection of our graduating students. It is a powerful moment in our school year, as Grade 12 students share their journeys and showcase the accomplishment of their learning throughout the last five years of high school.

As we move closer to graduation, we are very much looking forward to our Graduation Ceremony on June 11th, a meaningful and celebratory evening for our students and families. A reminder that the Grad Rehearsal on June 9th is mandatory for all Grade 12 students, as it helps ensure a smooth and positive experience for everyone on the evening of the ceremony.

These final weeks are an important time for all of our students. And we ask for all of your support in ensuring students finish the year feeling connected, supported, engaged, and proud of their accomplishments.

Thank you for your continued support of our Seycove community.
Meghan Downie

Principal
Seycove Secondary at séyámətən



COMING UP @ seycove

May 18	Victoria Day School Closed
May 19	PAC Meeting 7pm Library
May 22	Capstone Presentations
May 27	Staff Collab Late Start for Students
Jun 6	Seycove Cabaret

[Seycove Calendar](#)
[NVSD Calendar](#)



**Creative, Respectful
& Inclusive Community**





Updates & Reminders

CABARET IN THE COVE! JUNE 6TH

Seycove Cabaret is coming up on June 6, and we hope many of you will be able to join us for what is always a wonderful evening of student performance and community.

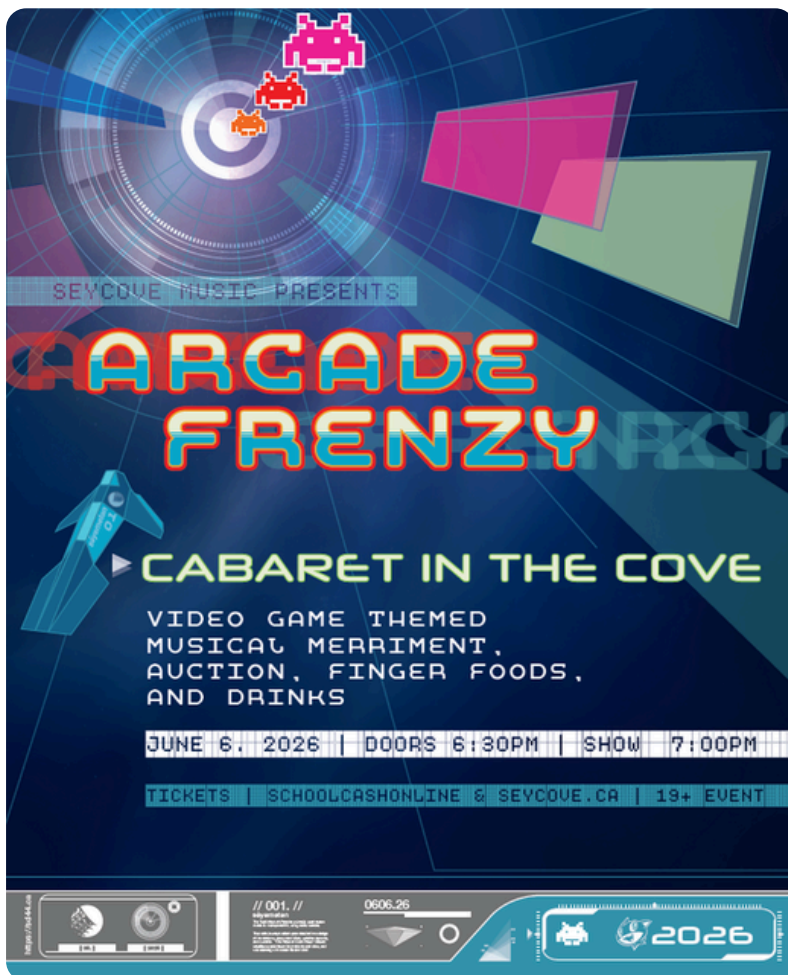
Cabaret is a highlight for our music program and an opportunity to celebrate the incredible talent and dedication of our students. It also serves as the **program's primary fundraiser** for the year.

For families who are interested and able to support the event, there are a couple ways to contribute:

- Donate an item, service, activity or experience for the silent auction
If you have a donation - please message [Mr. Najjar](#) or [Mr. Madill](#)
- Share information about Cabaret with friends or community members who may be interested

All contributions are entirely voluntary and greatly appreciated, and will help support opportunities for students in our music program.

Thank you for your continued support of Seycove's music program. **We hope to see you at Cabaret!**



START

Power Up for ARCADE FRENZY
Seycove Music's ultimate video game-themed Cabaret on June 6th!

Press start on a night packed with live musical performances, high-score entertainment, finger foods, drinks, and a silent auction.

Whether you're a retro gaming fan or just ready for a fun night out, this is one event you won't want to rage quit.

Doors open at 6:30 PM
Show begins at 7:00 PM

Tickets available through [SchoolCash Online](#) (Age 19+ Event)

GAME ON!



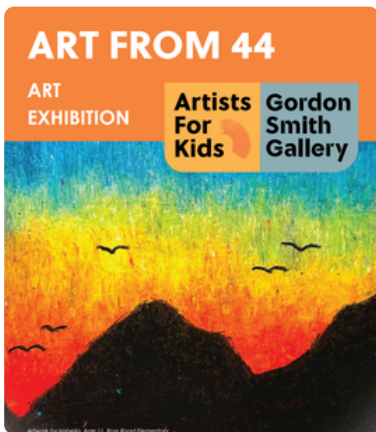
Updates & Reminders

Immunization Clinic - June 2

The second Grade 9 immunization clinic at Seycove will take place on June 2nd, starting at 9:15 AM. In addition to catching up with any Grade 9 students who were absent at the first clinic, HPV vaccinations will also be available for students in Grades 10-12.



Annual School District 44 Student Art Show - May 12-28



The Annual School District 44 Student Art Show at Gordon Smith Gallery May 12 – 28, 2026.

North Vancouver Teachers of Visual Arts present an exhibition of artwork done in our classrooms by our students. This showcases the talents of our K - 12 students. **Seycove will have the work of 15 students on display!**

The exhibition will be open to the public from May 12-28, 2026, with a closing reception on May 28 from 6:00 – 6:30pm.

The public as well as families of the featured artists are invited to stop by and view the exhibition. Public gallery hours are Thursdays, Fridays and Saturdays from noon – 4pm.

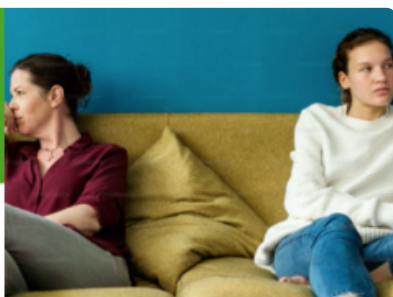
Free Parent Workshop: Connecting with Teens

MONDAY, MAY 25 | 6:30PM-8PM | ONLINE | [REGISTER](#)

SUNDAY, MAY 31 | 10:30AM-12:30PM | IN PERSON: CAPILANO LIBRARY | [REGISTER](#)

If your teen feels distant, reactive, or hard to reach, you're not alone. This stage often triggers frustration, fear, and self-doubt for parents. Discover ways to connect!

Connecting With Teens: A Conscious Parenting Approach



Whether you're already in the midst of teen angst or have a 7-year-old acting like one, it is never too early, or too late, to learn new parenting skills for connection.

The teenage years can feel like a sudden disconnect, but they don't have to be. This presentation introduces a conscious parenting approach to help you stay emotionally connected, even through resistance, mood swings, and conflict.

Arleen Tyndall, BScPhm, ACPR
Dr. Shefali trained Conscious Parenting & Life Coach
25+ yrs Clinical Pharmacist
Author/Speaker
Somatic Alignment Facilitator

What You'll Learn:

- ✔ Respond instead of react in challenging moments
- ✔ Understand risk behaviours in teens & prevent addictions
- ✔ Understand what's really driving your teen's behavior
- ✔ Build trust and open communication
- ✔ Repair disconnection and rebuild closeness
- ✔ Create a relationship your teen actually wants to come back to



Celebrations of Learning



Making Music in Montreal - Senior Band & Choir Trip

Seycove Senior Music students recently returned from an incredible multi-day music and cultural tour to Montreal, where they experienced a fast-paced and unforgettable itinerary filled with learning, performance, and exploration. Overall, the trip was a great success, and students had a fantastic time while representing Seycove with enthusiasm and professionalism.

The group began their journey with travel across the country and quickly settled into a busy schedule that included music workshops at McGill University's Schulich School of Music, where students worked with clinicians and further developed their skills in both band and choir. These sessions provided valuable feedback and inspiration, helping students grow as musicians in a post-secondary setting.

A highlight of the trip was participating in a regional music festival, where both the concert band and choir performed and received adjudication. Students rose to the occasion, showcasing their hard work and dedication in a supportive and energetic performance environment.



Beyond music, students experienced the rich culture of Montreal through guided walking tours of Old Montreal, visits to landmarks such as Notre Dame Basilica, and time exploring areas like the Underground City, Mount Royal Park, and the Biodôme. They also attended a live orchestral performance and enjoyed group dinners featuring entertainment, adding to the memorable experience.

The schedule was full and the days were very busy, but students managed the pace exceptionally well, showing responsibility, teamwork, and positive spirit throughout. From early mornings to late evenings, they embraced every opportunity to learn, perform, and connect.

It was an outstanding trip that combined music, culture, and community, and students returned home tired but proud, with lasting memories and a stronger sense of connection to their ensemble and school community.



Celebrations of Learning

Red Dress Day

On Tuesday May 5, Red Dress Day, BC First Peoples 12 students from Ms. Nicholson's classes set up an information table in the front hall of the school to raise awareness of the disproportionately high levels of violence facing Indigenous women, girls, Two-Spirit, transgender and gender diverse people. This ongoing Canadian human rights crisis, rooted in colonization and systemic racism, necessitated the launch of the National Inquiry into Missing and Murdered Indigenous Women and Girls in 2016. MMIWG2QIA+ has now grown into a large social justice movement that is recognized on May 5 of each year.

BCFP 12 students variously wrote and delivered P.A. announcements, researched individual cases, prepared the table display, created and passed out red dress pins, baked treats and volunteered their time at lunch collecting donations in support of the Native Women's Association of Canada, a non-profit organization that advocates for this very vulnerable group.

Well done, BCFP!

- Ms. Nicholson





Celebrations of Learning



PLP 8's Pirate PARK Day!

As part of their **Argh, Matey** project, PLP 8 learners have been investigating how voyages, navigation, trade, power, and encounter shaped the world during the Age of Exploration.

To bring some of that learning to life, students took part in a Pirate themed afternoon at Cates Park, where they rotated through pirate-inspired games connected to key exploration concepts such as risk, territory, cooperation, and consequences. The afternoon gave learners a chance to experience these ideas in a more active and playful way while also reflecting on how exploration was shaped by both adventure and unequal systems of power (and of course eat some Pirate Paks too!).

A huge thank you goes to the fantastic group of PLP 10 learners who helped lead the games, explain the rules, support younger PLP learners, and keep the afternoon running smoothly. Their leadership helped make the experience fun, organized, and meaningful for everyone involved.



Please visit the PLP 8 learning portfolios found at plp.seycove.ca to see their reflections on the project and their augmented reality videos on the causes and consequences of exploration.



Student Spotlight: Francis & Owen

2026 DNV Youth Award Recipients

Congratulations to our Seycove students who were recognized at the District of North Vancouver Youth Awards ceremony! These awards celebrate young people who make a positive impact in their schools and communities through leadership, service, personal growth, kindness, and community involvement. We are incredibly proud of our students for representing Seycove so well and for being recognized for the difference they make both in and beyond our school community.



OWEN CONSTANTIS MANZER Youth Community Enhancement Award

Owen is an exceptionally dedicated and community-minded youth who has volunteered extensively in programs like Preteen Dances at Parkgate Community Services Society. He consistently shows reliability, initiative, and a positive attitude; and his maturity, professionalism, critical thinking, and problem-solving skills set him apart.



FRANCIS RAWLINGS Youth Recognition Award

Francis has been a key member of Parkgate Community Services Society's youth programs for over six years. He also volunteers at his local church thrift shop and within his school community, where he received a Seyhawk Award, the school's highest award as selected by staff.





Shelf Life



Own the Shelf



What if one shelf in the library was completely student-owned?

This spring, students are invited to take part in Own the Shelf: a chance to curate, design, and personalize a library display of their own. Students choose a shelf, create a clear style and vibe, select books from the Seycove Library collection that fit their idea, and help others discover something new to read.

A shelf could be built around a favourite genre, a colour palette, a mood, a big question, or a very specific reading vibe: anything from “books that feel like a plot twist” to “stories for rainy days” to “main character energy.”

For library visitors, this is a great way to encourage reading beyond assigned texts and spark conversations about the books we love. For students, it's a chance to be creative, share your interests, and leave your mark on the library.



OWN THE SHELF

make people want to read.

WHAT IS IT

YOU take over a library shelf.
YOU build it around a vibe.
YOU choose the books that fit that idea.
YOU turn it into something people stop for.

START WITH THE VIBE

The vibe is everything. Not just “mystery”—think:

- books that keep you up all night
- stories that feel like summer
- if you liked _____, read this
- short books that hit hard

A strong vibe = a shelf people actually notice.

HOW IT WORKS

- BUILD YOUR VIBE**
Make it specific, interesting and clear.
- CHOOSE 5-10 BOOKS FROM SEYCOVE'S COLLECTION**
Every book should fit the vibe.
- WRITE A SHORT HOOK**
What's your shelf about—and why should anyone care?
- ADD QUICK RECS**
A few words per book (sticky notes, cards, tags).
- DESIGN YOUR DISPLAY**
Make it easy to browse. Make it feel cohesive.
- PUT YOUR NAME ON IT**
Let people know who curated it.
- KEEP IT STOCKED (3 WEEKS)**
Check it. Refresh it. Keep it looking good.

WHAT MAKES A GREAT SHELF

- A clear, specific vibe
- Books that actually belong together
- Short, punchy recommendations
- A look that draws people in

YOUR VIBE. YOUR PICKS. YOUR IMPACT.

WANT IN? PICK UP THE DESIGN FORM IN THE LIBRARY!

GOT QUESTIONS? Talk to Ms. Haslbeck, Mr. Hughes, or Ms. Willemse in the library to learn more!

If you've ever said, “More people should read this,” this is your moment.

Students can pick up an Own the Shelf design form in the library or [click this link](#) to access it and start planning their display now.

And don't forget: if you have a favourite book you'd love others to discover, consider donating it to the Seycove Library collection so it can find its next reader!





GRAD 2026



Important Dates & Reminders for Grads & Families

Grad Calendar:

- May 20 - Ceremony Ticket Requests Due
- May 22 - Capstone Presentations & Grad BBQ
- June 8 - Superintendent's Lunch (By Invite)
- June 9 - Ceremony Rehearsal - Gym @8:20am
- June 11 - Grad 2026 Ceremony
- June 23 - Grad Banquet - Dinner & Dance

Information on all Grad related dates and events can be found [on our website](#)

Capstone Schedule & Celebration BBQ

We are looking forward to Capstone presentations next week as our Grade 12 students share their learning, passions, experiences, and future goals with their fellow Seyhawks. We can't wait to hear what our grads have to say as they reflect on their growth throughout high school, the challenges they've overcome, the achievements they're proud of, and the paths they hope to pursue beyond Seycove. Capstones are a wonderful opportunity to celebrate the unique journeys and stories of our graduating students.

Presentations will take place in the morning and then grads are invited to a special lunch and afternoon of fun put together by Grad Council.

CLASS OF 2026 YOU'RE INVITED: POST CAPSTONE CELEBRATION



HOSTED BY GRAD COUNCIL

MAY 22, 2026

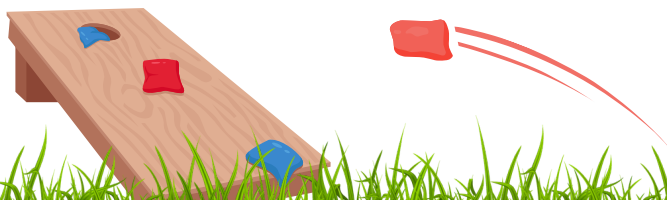
COURTYARD BY PORTABLE 25

🎯 FREE LUNCH

🎯 GAMES

🎯 PRIZES

🎯 FUN!





Post Secondary & Careers

Careers in Medical Aesthetics - Vancoderm Academy Visit

Four Seycove students had the opportunity to attend a Medical Aesthetics career workshop last week at Vancoderm Academy in North Vancouver.

Vancoderm is a BC Ministry of Education accredited institute specializing in aesthetic medicine and cosmetic laser technologies, offering students hands-on training with advanced equipment and pathways to internationally recognized certifications.

The academy hosted 16 students from across the district for an engaging day that highlighted training and career opportunities in the field.

Seycove students observed live treatments on real clients, including laser procedures, IPL (intense pulsed light), and trichology. The experience provided a close-up look at the skills, precision, and professionalism required in this growing industry.

With the medical aesthetics field continuing to expand in Canada, students learned about the strong career prospects, including opportunities for employment or even starting their own businesses. Vancoderm made the day both informative and fun, incorporating games, prizes, and food while showcasing their programs. Thank you Vancoderm!



**VANCODERM
ACADEMY**
OF AESTHETIC MEDICINE & WELLNESS

For more opportunities like this to explore careers and post-secondary pathways, students are encouraged to connect with the Work Experience office or speak with Mrs. Knapp.



Post Secondary & Careers

Women In Orthopaedics (WORTH) Workshop

Saturday, June 6 | 8:30am-3:30pm | BC Children's Hospital | [REGISTER HERE](#)

This workshop is open to all young women in high schools (grades 10-12) interested in pursuing a career in healthcare. We aim to provide more insight and clarity on careers particularly in the areas of orthopaedics and engineering. We also aim to have an interactive set of sessions including hands-on learning workshops and career panels featuring incredible women orthopaedic surgeons, researchers, engineers and allied health workers.

Register by May 24.



Dream It Be It - Career Exploration for Girls Event

Thursday, May 21 | 8:45 - 3pm | Lynn Valley Community Room | [REGISTER HERE](#)

Dream It, Be It career support for girls is a free, fun and inspiring one-day experience for Grade 8 & 9 girls who are at the beginning of their career path exploration. The girls will explore their interests, discover their strengths, build confidence, and imagine their future. The program will be very interactive and hands-on, featuring an inspirational speaker, fun and insightful activities, shared meals (lunch and snacks provided), swag bags, and an opportunity to connect with their peers from other schools.



Ocean Ambassadors Canada - Girl's Leadership Camp

June 29 - July 2 | Whey A Whichen & Deep Cove | [REGISTER HERE](#)

The world needs strong, passionate leaders. If you're 13-15 years old, love the ocean, and want to make an impact, this 4-day adventure is calling your name! Spend the first day exploring the ocean on paddleboards at Cates Park/ Whey-ah-Wichen in North Vancouver, learning about marine life and ecosystems. Tuesday morning, embark on a 3-day, 2-night paddle camping trip to Twin Islands/Say Nuth Khaw Yum Park, near Deep Cove. While on the island, you'll learn and develop leadership skills, learn about marine life and ocean health, have lots of time to snorkel, swim and hike with friends, cook meals together, and enjoy s'mores and hot chocolate around the fire (propane fire).





Seycove Snapshots

ICBC Presentation - A Story of Consequences and Comebacks

This week, Seycove's Grade 11 and 12 students heard from Nolan Barnes, who shared his powerful story about the consequences of impaired driving and the importance of making safe choices. Injured in a single vehicle collision in 2010 that left him paraplegic, Nolan spoke honestly about how one decision can change a life forever.

Nolan encouraged students to look out for one another, plan safe ways home, and understand the real impacts of drinking and driving. Despite the challenges he faced after his injury, he has gone on to become a world champion water skier, business owner, motivational speaker, and advocate against impaired driving. His message about resilience, accountability, and overcoming adversity left a lasting impression on students.

Learn more about Nolan's story through [ICBC Road Safety – Nolan Barnes](#).



Seycove Business Club: Lunch & Learn with Yuki

Last week, Seycove's Business Club welcomed its first ever guest speaker. Students learned about Yuki's journey as the founder of Honey Canada, including how she grew her small business, attracted customers, and got her products sold at Makers in North Vancouver. She also shared advice about entrepreneurship, marketing, and standing out in a competitive market.

Seycove Business Club meets Tuesdays at lunch in the Foods Room. The club is also hosting a fair soon, and students interested in selling something are welcome to sign up. To get involved or suggest a future business guest speaker, please contact Ms. Pitches.

- Business Club Founder & Student, Sasha





Seycove Seyhawks



Seyhawks Shine at Shawnigan Lake Regatta

Last weekend, some of our academy rowers joined our Deep Cove (DCRC) competitive crew and competed at the Shawnigan Lake Regatta on Vancouver Island. This event brings together crews from across British Columbia and beyond, and with over 500 entries, it stands as one of the largest and most competitive regattas of the spring season. Our academy athletes put together a strong showing across multiple categories, with several crews reaching podium positions and finals. - Coach Jill



Results included:

- U15 Women's 1x – **3rd** (Emma M)
- U15 Women's 2x – **3rd** (Emma T + Florence O)
- U15 Women's 2x – **5th** (Emma M + Mikayla H)
- U15 Women's 4x+ – **2nd** (Emma T + Florence O + Emma M + Mikayla H)
- U17 Women's 1x (B Final) – **1st** (Paxtyn W)
- U19 Men's 1x (B Final) – **5th** (Matthew S)
- U19 Men's 2x (JV) – **5th** (Max N + Jack S)
- U19 Men's 4x – **4th** (Matthew S + Max N + Oliver M + DCRC rower)
- U19 Women's 2x (JV) – **2nd** (Paxtyn W + Gabby H)
- U19 Women's 4x – **6th** (Julia S + Elliette C + Paxtyn W + Gabby H)
- U19 Lightweight Men's 2x – **6th** (Oliver M + DCRC rower)

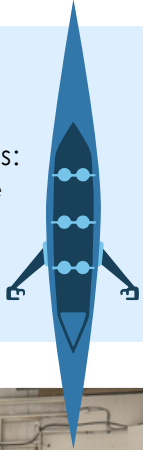




Seycove Seyhawks



Rowing Academy
early morning rowers:
Flo, Alex, Indy, Cece



A great moment captured from a recent hockey game showing Seyhawks receiving instruction from Coach Earl on the bench. Throughout the season, the team showed strong commitment, teamwork, and growth, coming together to build a positive and competitive year on the ice.



Staff: Mr. Madill, Mr. Ruben, Ms. Waud, Ms. Pitches, Ms. Downie, Ms. Kadi, Mr. Harris & Kate

Seycove staff served it up and held their own against schools from across the district at the annual staff volleyball tournament hosted at Windsor last week. The team brought plenty of energy, teamwork, and competitive spirit to the court in what Mr. Ruben called "a smashing success!" He also gave a shoutout to Ms. Waud for the great organization and declared Kate the tournament MVP for her standout performance. Great job to everyone who represented Seycove!



Seycove Seyhawks



"This badminton season was fun and competitive. We played against strong opponents, improved our skills, and had fun together as a team. Overall, it was a memorable experience and we grew both as players and as a team." - Catherine H - Team Member

